



Technique of the Week: Slow-Cooker

Healthy Recipe Idea: Black Bean Soup with Veggies

Ingredients:

- 3 carrots, thinly sliced
- 2 celery ribs, sliced
- 1 onion, chopped
- 4 garlic cloves, diced
- 20 oz, can black beans, rinsed and drained
- 28 oz, low sodium vegetable broth
- 15 oz, can crushed tomatoes
- 1-1/2 tsp, dried basil
- 1/2 tsp, dried oregano
- 1/2 tsp, cumin
- 1/2 tsp, chili powder
- 1/2 tsp, hot pepper sauce



Directions:

Combine all ingredients in slow cooker. Cover. Cook on LOW for 9-10 hours.

How do I slice my carrots ?

Choose firm, bright orange carrots. Scrub well under running water. Peel if desired with a vegetable peeler, taking off just the outer layer. Use a sharp knife to cut off the tops and tips of each carrot.. Use a heavy, sharp knife to slice "coins" off one end of each carrot. A large knife with a sharp, triangular blade is easier to use for this than a smaller knife or one with a serrated edge.